



Artichoke-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



25

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 cup breadcrumbs soft
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 pounds mushrooms fresh
- ☐ 2 garlic cloves chopped
- ☐ 3 green onions chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

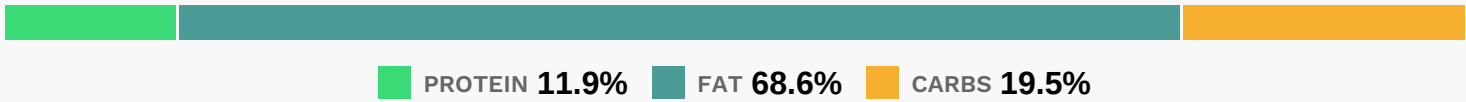
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Rinse and pat mushrooms dry.
- ☐ Remove stems, and chop; reserve mushroom caps.
- ☐ Saut mushroom stems, onion, and garlic in hot oil in a large skillet over medium heat 5 minutes or until onion is tender.
- ☐ Add wine, and cook 2 minutes or until liquid evaporates. Stir in breadcrumbs.
- ☐ Remove from heat, and let cool.
- ☐ Combine onion mixture, artichoke, and next 5 ingredients. Spoon 1 teaspoonful into each mushroom cap.
- ☐ Place on a lightly greased rack in a roasting pan.
- ☐ Bake at 350 for 12 to 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:2.8795652363611%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin:

0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 61.23kcal (3.06%), Fat: 4.63g (7.12%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.88g (0.98%), Cholesterol: 3.62mg (1.21%), Sodium: 155.06mg (6.74%), Alcohol: 0.25g (100%), Alcohol %: 0.55% (100%), Protein: 1.81g (3.61%), Vitamin K: 10.78µg (10.27%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.07mg (5.35%), Selenium: 3.66µg (5.23%), Copper: 0.09mg (4.69%), Vitamin B5: 0.43mg (4.33%), Phosphorus: 40.64mg (4.06%), Potassium: 102.49mg (2.93%), Fiber: 0.64g (2.56%), Vitamin B1: 0.04mg (2.38%), Calcium: 23mg (2.3%), Manganese: 0.04mg (1.93%), Vitamin B6: 0.04mg (1.93%), Folate: 7.39µg (1.85%), Zinc: 0.26mg (1.77%), Vitamin E: 0.25mg (1.67%), Iron: 0.25mg (1.37%), Vitamin C: 1.04mg (1.26%), Magnesium: 4.44mg (1.11%)